Beauty Chats By Edna Kent Forbes

The Curse Of Fat

I know of a man who weighs two possible. Let your hair hang and air as hundred and up, who became much as you can. Get a good tonic, one alarmed at his increasing girth, and a dollar a bottle for it—the best will cost joined a Y. M. C. A. to reduce. He went through exercises and baths with the muthedical processing of a with the methodical precision of a machine and the stolldity of a mule. In a year he had taken off only fifteen pounds, and he declared exercise was "all bunk."

Whereas, all the poor man needed was to waken up and exercise his mind and awaken his spirits! Loss of dignity and loss of ficeh frequent-ly go together. He exercised, but without any vim, and he went right on eating and living as he always had—no wonder his daily reduction tasks did so little good.

It is logical that, if you burn up more flesh than you acquire, you lose weight. Therefore, you must eat less, and you must work more. Recently I gave a reduction dist, fol-low this—but it's simple enough— reduce the fats absorbed, increase the acids. And exercise!

The fat woman lies down for a moment as soon as she eats. And thereby she lays on enough flesh to offset an hour's work later. Usually she takes an afternoon nap-only thin, nervous or anemic women thin, nervous should do that.

I know of three excellent ways to reduce fiesh—one is to swim, another is to walk and the third is to garden. The variety of motions needed to run a successful flower and vegetable garden will pull flesh from waist, back and hips.

The remedy for fieshiness is sim- You need not be fat unless you allow le-burn up by exercise more faity ple—burn up by exercise more fatty particles than you eat in your food—and you must lose weight. It takes time, but a quick reduction will leave dandruff, but perfect cleaniness will do the skin flabby over a shrunken it eventually.

Questions and Answers

Outsilons and Answers

What could you suggest to overcome as the scale made of my recent letters, and to write just a note of my recent letters, and to write just a note of my recent letters, and to write just a note of my recent letters, and to write just a note of my recent letters, and to write just a note of my war. I employ the scale my keir is pery only and there common server, and they are full of the dandruff, too. It used to be fuffy, but additing impossible structs or expansion meters of the structs or expansion made only a needs ofter it is washed.

From made of the answers to a could be write just a note of my recent letters, and to write just a note of my or made to write just a note of my or my or made to write just a note of my or m -Hontons Girl.

Reply-Thank you very much for your Perly-Wash once a week with a pure letter. I like to receive such as these and borax soap, and dry in the open mir if to know I have been helpful.

Copyright by George Matthew Adams

Bedtime Story For the Little Ones UNCLE WIGGILY AND THE SCHOOL TEACHER.

By HOWARD B. GARIN.

O NE morning Uncle Wiggliy Lonsears, the nice rabbit gentleman,
started out from his hollow
stomp bungalow, where he lived in the
woods with Nurse Jane Fuzzy Wuzzy,
The sending a variable of the new pupils. stump bungalow, where he lived in the after spending a vacation at the sea-

"Where are you going. Uncle Wigceper. "But perhaps you don't want o tell me. You may get tired of hav-

Then she went into the hollow stump bungslow to see if it was time to dust the pinno, and the bunny gentleman went on his way through the woods. Prestry soon he came to the hollow stump where the indy mouse taught school. The school was newly opened after the long vacation, and soon the boy and girl animals would come hop-

HOW TO BE SLIM

If you are too fat and want to educe your weight 15 or 20 counds, don't starve and weaken

pounds, don't starve and weaken your system, or think you must always be langhed at on account of your fat, but go to Kelly & Pollard or The People's Drug Store or any stood druggist, and get a box of Oll of Korein capanies, take one after each meal and one before retiring at night. Weigh yourself once a week and note what a pleasant and reliable method this is for removing superfluous fat from any part of the body.

of the body.

It costs little, is absolutely harmless and a week's trial should convince anyone that it is unnecessary to be burdened with even a single pound of unsightly fat.—Advertisement.

DISGUSTING DANDRUFF

WHY NOT VISIT

Faywood

Hot Springs FAYWOOD, N. M.

First since you will eventually go there any way? Conceded the

greatest stomach and kidney

very much cooler there.

water on earth and besides tis

HOW TO BE RID OF

M ESSES W. S. McCutcheen, T. B. Oishausen and A. G. France.

So the burny uncle went in a little room off to one side of the hig class room, where the children studies and said their lessons, and there he sai down, after closing the door.

"There, Sammiel Fou must stay shut up by rourself for an hour. Fernans that will make you remember that you must not whisper in school."

Then Spimmie Littlerail, the rabbit boy, shuffled into the room, and the door was closed and locked after him by the school teacher. Then Sammie by the school teacher. Then Sammie by the school teacher. Then Sammie saw Uncle Wiggily sitting in the chair and he said "oh!" just like that.

Well, I am surprised Sammie, said the rabbit gentleman. The idea of you having to be punished by being that

baving to be punished by being that up for an hour like a prisoner.

"I'm surprised, too, Uncle Wiggilly," said the little rabbit boy. "What did you do had in school that the lady mouse sent you here."

"Oh, ho, ho! Ah, ha, ha." laughed the bumy uncle. "You're mistaken. Samme! I didn't get sent in here. I came myeelf to rest until school should begin, and then I was coming out and surprise you. But I fell asleen."

"I guess you must have." said Sammie. Tor school has been going nearly an hour now. But I'm glad you're in here, for now I won't be lonezome.

Uncle Wiggilly scratched his pink nose and twinkled his willskers. Then he said:

"Well, Sammie, I don't here the service of the said."

mose and twinkled his whishers. Then he said:

Well. Sammle. I don't just know about this. If you were sent in here to be punished for whispering in school. I'm not supposed to keep you company. For that would be like you having company, and having ampany is fun and not nunishment. I guess I'd better go out.

'Oh, please don't go out and leave me' begged Sammie. I only whitepered a little hit, and it was because I forgot I was in school, and thought I was down at your seanhell bungalow on the ocean sands. I only whishered it was to be a little, though I know I shouldn't have done it. But please don't leave me here alone." The only way to be permanently rid of disgusting, untidy dandruff is to correct its cause. Washing merely cleaness the scalp for a few days, and

alone." sinkled his pink cle Wiggily twinkled his pink the wiscast intered his pine or again and was just about to say a thought he ought not to stay with numile, when, all of a sudden, out in a school soun the lady mouse called. The help! Here's a hig cat for me."

cleanses the scalp for a few days, and the scales form again as thick as ever.

To destroy the dandruft germ and get rid of dandruft for good, part the bair and spairs a little of the genuine farisian Sage directly on the bare scalp, and rub in with the tinger tips for a few minutes, until the scalp absorbs it. Go over the entire head in this same manner.

A few days' messnage with Parisian Sage will destroy the germs that cause the dandruft to form. The scalp becomes healthy, the hair will grow better and show more life and vitality, and you need never be troubled by dandruff again. Faded, dull or lifeless hair is gutckly rentored to beauty by his simple process, which is absolutely harmless to hair and scalp, as it contains no peisonous wood alcohol and will not stain the hair or make it

ing no personous wood account and gressy.

Parisian Sage can be obtained from

Kelty & Pollard's and druggists everywhere. It is not expensive.—Adv.

the achool room the lady mouse called.

The help' help' Here's a big call after me.

"Ha! That must never be" cried Uncle Wirsilly, and with one jump he was out of the room where he had been shut with Sammie. Then in the school room the bunny uncle saw that it was the good bear-accatchio- cat, who used to be good.

Don't he afraid, said the new good rat. I wan't hurt a single one of you. I just came to sell Uncle Wirsilly that Grandpa Gooses is at his bongshow and wants to see him. Surse Jane said you were going for a walk in the woods. Uncle Wirsilly, and I promised to sind you home if I met you. I saw your past marks coming in the school to learn for ou. I didn't mean to frighten you had, mouse teacher.

The had mouse teacher.

The moise with a smile. Besides I know now that you are a good cat. Unt. children, we must get at our lessons.

Then she saw Sammie sitting alone in the room where she had sent him—the room where she had sent him—the room where the had sent him—the room where lines Wigally had hidden, and the lady mouse said.

Well, I guess Sammie needn't stay in any longer. He must have had a good time talking to Uncle Wigally, and so come out, little rabbit boy."

So Sammie tume out, Uncle Wigally, and so come out, little rabbit boy.

So Sammie tume out, Uncle Wigally, and so come out, little rabbit boy.

So Sammie tume out, Uncle Wigally, and so come out, little rabbit boy.

So Sammie tume out, Uncle Wigally and the beans—Copyright, 1916, by McClure Newspaper Syndicate.

HOW CORRECT BATHING IS GOOD SWIMMER'S REQUIREMENT

Annette Kellermann Tells How Corrrect Use of Lungs In Water Prevents or Banishes Fatigue and Aids Your Development.

Article No. 15.

BY ANNETTE EELLERMANN. International Record-holder and Star

of the William Fox \$1,000,000 Film "A Daughter of the Gods." HAVE received a few letters from

members of the Annette Kellermann swimming class who find it difficult to swim any great distance without becoming fatigued. From their letters I gather that they

are blaming the failure of their efforts on what they term their "atrength." One letter in particular states that the writer fears she is not strong enough to become a proficient swim-mer. She writes me that she tires very quickly and "is all out of breath after a few strokes."

Now I will explain to her and all of

Now I will explain to her and all of you exactly why you tire so quickly. The reason is not that you are weak, but that these of you who suffer from this weakness are not breathing orogerly. Now bear this in mind: Nothing can or will tire you more quickly than improper breathing.

In fact, breathing should be considered seriously and is just as important as the swimming itself. To be a good swimmer means to breathe properly. I feel that I must literally pound this into you all, so that you will remember it. Besides, I want you to be fully up to the mark in all lines of these swimming art for I will soon start the first lesson in diving and I want you all to be ready for it as soon as I start teaching.

Now as to breathing while swimming of course, when doing the breast

in the water.

Of course, when doing the breast stroke you are to breathe only through the nose, for if you should happen to open your mouth you would soon fill it with water, and it would not he pleasant.

But remember that you only breathe this way while you do the breast stroke. For all other strokes you must breathe through the mouth and nose. That is, you must inhale through the mouth as your head comes around during the motion of the body and exhale through the nose as your head resumes its natural position pear to the water again. You will find that after you have practiced this method of breathing you will not tire half so quickly.

After you have become accustomed to this way of breathins, I ndvise you all to try it also while ewimming the breast stroke, for not until you have accomplished this perfectly will you really enjoy swimming any distance. Do not gasp for the air when you breathe this way, but do everything naturally. A good intake of breath and a slow exhale and the lesson has begin accomplished.

Now please do try bard to overcome

Now please do try hard to overcome

14 YEARS Ago Today

the state Republican convention at Ft. Worth, returned home inst evening. J. A. Smith and O. H. Baum, the remaining delegates, will return later. According to the returning delegates, the convention was one of the greatest in the history of the state. The bitterness between the leaders was largely talk, as Lyon, Green and Terrell were all on friendly terms.

Members of the E. Paso Gun club will hold their regular medal shoot to-morrow afternoon at 4 oclock.

J. W. Hadlock, superintendent of the water supply of the "Bisbee" rallway, has been appointed a customs inspector by collector of customs Pat Garrett.

A meeting of the directors of the El Paso Woman's club was beld yesterday. The club is fortunate in having accured the commodius rooms in the Masonic

SCHOOL DAYS



ANNETTE KELLERMANN

not attempt anything foolish. Remember that if you go beyond the safety some or swimming beach proprietor you do so at your own risk. The very saddest thing that can happen to you is to course a course or safety or the safety safety

well filler and

tell you of her plan to induce you to form a local awimming organization for annetwes; an organization of a permanent nature to hand together in a national amnetur association.

The Daily Novelette

THE LAST BUTTON.

"Oh what is love?" the lover cried. "Who can describe its smart?" "It's like," the tender maid replied, "A toothache in the heart."

A S he was writing "Now is the time for all good men to come to the aid of their party," on his typewriter, the small dark man, becom-

He had seen a face to the mirror. The face of Lemuel Sponge! It was himself?

chapped on a false musische. Then just as he was striding towards the door, there was a knock on it. The discovery, apparently, had been simultaneous.

Til either outwit 'em or foil 'em's muttered Lemuel Sponge, and, seizing an armul of sheets of typewriting paper, he hastily tied them fogether into a sheet ladder, and let himself out the window just as those in the hallway began to batter at the door, apparently unaware that it was not locked.

"Ferhaps Fil only batter at the door, apparently unaware that it was not locked."

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"Ferhaps Fil only batter at the door, apparently unaware that it was not locked."

ocked.
"Perhaps I'll only baffle 'em—that'd
e sure death." shuddered Sponge as
e disappeared down the side of the

this little effort and we will be happy once again.

One more suggestion: Now that so many of you know how to swim, do solver of "The Last Button")

Today's Daintiest Dish &



Celery Salad.

ECORATING salads presents an Take two hard boiled eggs, three opportunity for displaying artistablespoonfuls of butter, a tesspoonful

dry them, an fill the stalks with a

that it has passed out of circulation.

The entertainment given by the Safe and Lock club last night for the benefit of the local Y, M. C. A., was a pronounced success. Myar's opera house was comfortably filled by a select andience.

The young men of the Epworth league of Trinity Methodist church are to give a trolley party tonight in house of Misses Oro and Anna Corbin, who are to leave soon for Meridan Miss, where they will attend school.

A "move on" ordinance was presented to the city council last night by all derman Pennebaker, who stated that it would serve to relieve congested traffic on some of the streets by the temporally and perpetually idle. The ordinance was passed unanimously.

The Elka, who have decided on their and the stalks with a salad mixture made as follows:

It is not that it the stalks with a salad mixture made as follows:

It is planted to this winter, have uanied a committee, consisting of S. J. Gailin, C. E. Bowd, Frank Carr, C. E. Kelly and John Wilson to make all of the law in the constitution of the arrangements it is planned to hold the affir about the middle of November.

At a meeting of a committee in he held in the affir about the middle of November.

At a meeting of a committee of commerce, definite plans were made for the next midwinter caraival to be held in the city next January. Fractically \$5,600 in subscriptions is in eight and the financial committee foels sure that a guaranite of \$10,000 can be talsed before the carnival date arrives.

Mexican rents a specialty, Ph. 4604.

Mexican rents a specialty, Ph. 4604.

tic tasts and judgment. The of prepared mustard, a dash of paprika The petition of 500 voters of the city and county, praying the commissioners court to appoint a registrar of voters appears to be so little thought of now that it has passed out of circulation. The petition of 500 voters of the city be appreciated unless it is attractive in appearance. Take well washed grisp colery stalks, all forether and when smooth, rub lead. The petition of 500 voters of the city be appreciated unless it is attractive in appearance. Take well washed grisp colery stalks, all forether and when smooth, rub lead. The petition of 500 voters of the city be appreciated unless it is attractive in appearance. Take well washed grisp colery stalks, all forether and when smooth, rub lead. The petition of 500 voters of the city be appreciated unless it is attractive in appearance. Take well washed grisp colery stalks, all forether and when smooth, rub lead. Take well washed grisp relery stalks, all forether and when smooth, rub dry them, an fill the stalks with a salad mixture made as follows: | Take well washed grisp relery stalks all forether and when smooth, rub through a haby sieve, and use—Tomorren—Pistachio Ire Cream—Coppright, 1916, International News Service.

derman Pennebaker, who stated that it would serve to relieve congested traffic on some of the streets by the temporally and perpetually side. The ordinance was passed unanimously.

The Elka, who have decided on their

Mexican rents a specialty, Ph. 5604.

Section XII.

The failure of stars is heighful, but at appendicitis as to resume direction of the streets by the temporally and perpetually side. The ordinance was passed unanimously.

Mexican rents a specialty, Ph. 5604.

Section XII.

The failure of stars is heighful, but at appendicitis as to resume direction of night the influences are doubtful to requisitions disconnected from his recent operation for animal of stars is heighful, but at appendicitis as to resume direction of the two concaves from his bed at Roiston hospital.

It is expected Mr. Drummond will be back at his deak in the chamber of commerce within a week or ten days.

Section XII.

The failure of stars is heighful, but at appendicitis as to resume direction of night the influences are doubtful.

Astrology finds that Mercury and Uranus are in benefic aspects in the moving. Mercury becoming adverse later.

That all measurements.

That all measurements.

By DWIG



News Notes

Movieland

S EVENTEEN, the new nevel by Booth Tarkington, bearing Booth Tarkington, has been chosen by the Famous Players Film company as the vehicle for the joint presentation of Louise Huff and Jack Pickford on the Paramount pro-

The title, "Seventeen," refers, of course, to the age of William Sylvanus Baxter, the "indifferent" young man. and to that of Lois Pratt, the bahy talk expert, who is his lady love. Jack Pick-ford will play "Will-ee," the doughty hero of the tale, whose sawage struggle to withstand the ravaging eyes of Miss

Miss Huff will play his little sister Jane, that most extraordinary child, whose unlimited capacity for bread, sugar and apple sauce, together with her absolute 'obseity' in the matter of personal apparel, is a constant source of exernicating agony to her very much older brother.

With Jack Pickford as the redoubtable Will-se and Leuise Huff as the pestiferous Jane, 'Seventean,' the company believes, should prove one of the most successful comedies every produced by them.

WILBUR MUST HURRY

Crane Wilbur has made himself the cause of his recent announcement that he would take "nome" salesgirl and make a motion picture actress of her.

Recently Mr. Wilbur received a letter from a department store asking him

from a department store asking him for the sake of discipline in the store to please decide at once on the salesgirl who is to get the chance to become a picture star. The letter goes on to say that instead of tending to customers, the girls now drape themselves over the counters pen in hand, conching in the best rhetoric at hand phrases that they hoos will mosal to the wresh ided ing conscious of his left shoulder



Louise Huff.

part of editorial writers and persons who have power to mould public

figuration that marks line evening hours.

Crop failures in certain parts of the middle west and far west may cause heavy loases.

Storms that are of extraordinary violence are perdicted for October and November. These will be accompanied by unusual upheavals of nature.

A royal marriage or engagement will cause much newspaper comment this autumn and may arouse indignation.

Persons whose birthdate it is should keep down expenses during the year. Letters or documents may cause an-language there are inconflict with this ordinances in facilities.

Whereas Chris was demanded to said market masses for at any time he so demandis.

Any nerms, from or corporations of this collimate and in admining the person of the companies of the market masses are senting to the person of the conflict with this ordinances in conflict with this ordinance shall be amplificant ordinances.

Whereas Chris any time he so demandis.

Any nerms, from or corporations of this collimate and market masses of market masses of the conflict with this ordinance are as in conflict with this ordinance are in forther.

Section XX.

Whereas Chris are to estation with the conflict with this ordinance are in forther.

Section XX.

novance.

Children born on this day probably will be bright and quick. They may not value money as they should. These subjects of Virgo usually have a love of order.—Copyright, 1315, by the Mc-Clure Newspaper Syndicate.

Notice-Telephone Subscribers,

Take down your receiver and say distinctly into the transmitter.

THREE-500.

You will be commerced immediately with the best Taxi, Auto, Limousine and Baggage Service in El Paso.

City Service Company.—Adv.

Head.

Mrs. Vernon Cartle has designed what she calls the Castle preparedness suit. She will wear it in her coming picture.

Thomas Meighan, when speaking of his school days, often refers of his excellent record as a football player. Funny he never talks of his studies.

HOROSCOPE.

Wednesday September 13, 1016.

Head.

Mrs. Vernon Cartle has designed what stay with his duties see shall not interfere with his duties hereinbefore set out.

Section X.

Said market master is hereby vested with all the nowers and authority of a policeman. Funny he never talks of his studies.

HOROSCOPE.

Wednesday September 13, 1016.

That all moneys so collected for acting as official weigher and as rents from spaces in the market place shall become the property and be delivered to the El Parc enfral Market Company.

the same for careful action on the part of editorial writers and persons who have power to mould public opinion.

Labor leaders come under a rule that is exceedingly significant, indicating activity and even danger of personal violence. The death of a prominent man is foreshadowed.

Architects again have the prognostication of great gains in business and in artistic achievement.

Young persons should henefit particularly, while Mercury is in the aspect that rules early today.

Owing to the stimulating effect of the planetary government matters of minor commercial character are supposed to be accomplished with ease.

The sway is said to be most advantageous to orators. Public mon who make speeches should be able to be more convincing than usual. The evening, however, may enourage uniwhen the stimulation of said market and rarket shall be income the configuration that marks the evening hours.

Crop failures in certain parts of the